

ABSTRACT

A hockey helmet for receiving a head of a wearer, the head having a crown region, left and right side regions, a back region and an occipital region. The helmet
5 comprises a shell comprising left and right side inner surfaces and left and right side inner pads at least partially covering the inner left and right side surfaces of the shell, the left and right side inner pads facing the respective left and right side regions of the head. The helmet also comprises a wedging member located between one of the left and right side inner pads and one of the respective left and right side inner surfaces.
10 The wedging member is movable between first and second positions, wherein, in the first position, one of the left and right side inner pads apply a first pressure upon the respective left and right side regions of the head, and in the second position, one of the left and right side inner pads apply a second pressure upon the respective left and right side regions of the head. The second pressure is greater than the first pressure.

15